

Ways to Increase Protein and Calories

1. Eat at least 2 to 3 servings equivalent to a total of 5-7 ounces of meat or meat alternatives every day.
 - a. 2 to 3 ounces cooked lean beef, pork, veal or lamb
 - b. 2 to 3 ounces cooked poultry without skin or bone
 - c. 2 to 3 ounces cooked fish without bone
 - d. 2 to 3 ounces drained, canned fish
 - e. 1 egg or 2 egg whites
 - f. ½ cup cooked dry beans
 - g. 2 tablespoons of peanut butter
 - h. 1/4 cup seeds
 - i. 1/3 cup nuts
 - j. ½ cup tofu
2. Increase the serving size of milk and milk products. Consume 3 or more cups of milk daily or substitutes with servings of natural cheese or processed cheese, cottage cheese, yogurt, buttermilk and ice cream. Examples are as follows:
 - a. 1 cup of milk or buttermilk
 - b. 1 cup yogurt
 - c. 1½ ounces natural cheese
 - d. 2 ounces processed cheese
 - e. ½ cup dry powdered milk
3. Powdered milk may be added to foods and beverages such as soups, gravies, sauces, cooked cereals, scrambled eggs, omelets, meat loaf, ground meat patties, puddings, malts, milk shakes and whole milk.
4. Add extra whole eggs or egg whites to foods such as vegetable and meat salads, cooked puddings, meatloaf and ground meat patties, baked desserts and cooked vegetables.
5. Carnation Instant Breakfast can be added to beverages and foods.
6. Dried beans, peas and lentils can be served as a main entrée or combined with meat dishes.
7. Diced meat or cheese can be added to soups, vegetables, sauces and casseroles.
8. Eat snacks such as peanut butter, cheese, crackers, custard, nuts, milk shakes, malts with powdered skim milk added to them, dried raisins, prunes, figs, granola, and jell-o with fruit.
9. Add fruit or peanut butter to milkshakes.